

PIP item 1B.2 Improve the quality of assessments.

1B2.3: Develop strategies and tools for supervisors to use with their staff on assessment and service provision for families dealing with substance abuse.

This item is a continuation of 1B.2.1 and 1B.2.2. It contains a few of the resources and tools that were provided to staff during the Drug Summits to assist them in working with families who have substance abuse issues (parts 2-6).

Collaborating with Substance Abuse Treatment Providers

Collaboration occurs when systems not affiliated with each other work together for a common goal. An example of a collaborative effort is the court, child welfare and substance abuse treatment systems working together to develop strategies to ensure that children are safe and substance abusing parents get the treatment they need. It can also occur between individual case workers and substance abuse treatment providers when they work together on behalf of mutual clients. Here are some suggestions to help you collaborate:

- If you don't already know who the substance abuse treatment providers are in your area get to know them.
- A good place to start would be to call your local Community Health Mental Center (CMHC) or visit their web site.
- Talk to your supervisor and co-workers to see if they have a collaborative relationship already established with treatment providers.
- Check out the Kentucky Substance Abuse Provider Directory at <http://www.healthy-ky.org>.

Once you have made this important professional contact it will be easier for you to collaborate with the provider while working with a mutual client. Here are some good opportunities for collaboration:

- If you know the provider your client will be seeing for a substance abuse assessment call him or her beforehand and give them some information about the client.
- Share the case plan with the provider. Try to work jointly on the plan so that the client will not be overwhelmed by the demands of two different systems.
- Be sure to let the provider know if something changes in the case, i.e., child removal or reunification, change in visitation, relapse, etc. Ask them to repay this courtesy.
- Celebrate successes!
- Ask the provider to attend a Family Team Meeting or case conference (Remember – substance abuse providers are usually expected to be seeing clients in their offices throughout the day and cannot attend outside meetings. Suggest they call in during the meeting for a few minutes to give their input and give the provider plenty of notice about upcoming meetings and hearings.)

CONFIDENTIALITY GUIDELINES FOR SUBSTANCE ABUSE TREATMENT PROVIDERS

- Substance Abuse counselors work under **Federal Law, 42CFR** that prohibits them from sharing any type of information regarding a client's substance abuse treatment without the client's signed release of information.
- Even a mandated report of child abuse or neglect cannot reveal that the individual being reported is in treatment for substance abuse.

- This release has to be specific regarding information to be shared, to whom the information can be shared and has to be generated from the provider's agency. A DCBS signed release of information will not suffice.
- When you receive information from the treatment provider you may not share information released with anyone else.
- The purpose of the treatment confidentiality requirements is to encourage participation in treatment.

INFORMATION HELPFUL TO SUBSTANCE ABUSE COUNSELORS

- What brought the family to DCBS
- Why is a referral being made for a substance abuse assessment
- Whether the family is an in-home case or if the child has been removed from the home
- Whether some children have been removed while others remain at home
- The permanency goal for the child and whether reunification is possible
- The court requirements and deadline for specific hearings and achieving necessary outcomes

Remember, you have a lot of knowledge about the client that the substance abuse counselor will not have at the time of the assessment. You know why the client has been referred for an assessment. You have probably seen their home environment and you may have other information such as arrest records, previous Cabinet involvement, etc. that will be helpful to the counselor. The more information the counselor has prior to seeing the client the more accurate and helpful the substance abuse assessment will be.

CASE PLANNING AND TREATMENT PLANNING

- Plans need to be shared between Child Welfare and substance abuse providers
- Ensure that case plans and treatment plans do not conflict, consider joint reviews (by phone or in person) of the plans
- Regularly monitor and share information back and forth
- Share new information and changes in the plans

UNDERSTANDING RELAPSE

- Relapse Happens
- There are different levels of relapse: slips, binges and return to active addiction
A slip is a short lived return to using a substance and is common in early recovery. This could be having one drink or using pain pills for a day and then quickly getting back on track with their sobriety. A binge is usually thought of as lasting a weekend or possible a couple of weeks with a return to sobriety. Relapse into active addiction occurs when the

user experiences a loss of control over the substance and often cannot stop without intervention.

- The client can learn from mistakes
- Offer support and encouragement
- Help to identify triggers that contributed to the relapse

THE TREATMENT PROVIDER RELAPSE PREVENTION PLAN

- The substance abuse treatment provider will work with the client to develop an individualized relapse prevention plan.
- This plan will address “triggers” which are people, places and things that can create a craving to use substances. (Having money in their possession, hanging out with drug using friends, going to places where they use to get high, having powerful emotions or getting too hungry, angry, lonely or tired (HALT) are common high risk situations.
- The client is asked to think about changes that occur before relapse happens and is helped to recognize these cues so they can reach out for help before using substances.
- The provider will help the client develop a sobriety support list with names and phone numbers of people they can call before they get high.
- The client will also identify several places where they can go if they are feeling like they are going to use.
- The relapse prevention plan will include sobriety-maintaining activities and a plan for what the client will do in case of a slip.
- The relapse prevention plan is put in place to help the client maintain sobriety and to help them return to recovery quickly and safely if they do experience a relapse.

UNREALISTIC VS. REALISTIC EXPECTATIONS

From:

Eliminate drug use

To:

Stop or reduce drug use

Action Step 1B.2.3 part 2
KY 7th QR PIP report
December 31, 2011

Recovered

In recovery

Cured

Treated and controlled

Forever

One day at a time

Relapse means failure

Relapse happens

Substance Abuse Screening Criteria for Investigations, FINSAs or Ongoing Cases

SSW actions:

- **Review AOC Checks:** Look for drug and alcohol charges; and Theft by Deception or multiple bad checks could be an indicator that money is being used to purchase drugs. Once you have this information, discuss it in more details with the parent(s).
- **Review prior agency CPS and APS reports** for indications of substance use or abuse and consider:
 - Who made the reports, frequency, severity etc.
 - If there are pending reports, consult with the assigned investigator(s).
- **Interview** children/spouse/paramour/significant others/household members, collaterals (friends, grandparents, neighbors, relatives, pediatrician, school staff) as they can share information on whether the needs of the kids are being met and if not, why.
- **Observe both the family's home (interior and exterior) and their individual/collective behaviors.** A walk-through of the entire house is encouraged.

Parental Incapacity Due to Substance Abuse:

Behaviors you may observe:

- Changing jobs frequently/Job Instability/not financially providing for the family/losing jobs
- History of drug/alcohol abuse
- Children report caretaker sleeping excessively or being difficult to wake up (lack of supervision)
- Lack of a stable home (moving around a lot; homeless, household composition changes frequently)
- Children's basic needs are not being met such as poor hygiene, lack of or inappropriate clothing, not preparing/providing meals or little to no food in the home, lack of regular schedules and routines(ex. child unable to sleep or up late), excessive tardies or absences from school etc.
- Not handling daily household chores (cleaning the house, washing clothes, paying bills etc).
- Not providing or seeking medical care for the children.
- Absence of bonding and attachment with the children.
- Lack of formal or informal supports, isolating themselves from family and friends, not asking for help, having recreation, school, church family activities or friends fall by the wayside.
- Parentification of children (not fulfilling adult responsibilities and expecting a child to do these tasks.
- Doctor Shopping/Multiple Doctors
- Multiple pharmacies being used for medications
- Selling household items for cash
- Money and or food stamps are running out too quickly
- Family or friends are known to use/abuse drugs.
- Frequently leaving child(ren) with friends/relatives etc. to use substances or taking frequent trips to known drug houses/environments (some may be to Florida or Mexico).

Appearance:

- uncontrollable laughter
- loss of coordination, dizziness and slurred speech
- anxiety
- drunken-like state
- Pin point pupils
- Euphoria
- Drowsiness
- “Nodding”
- Lethargy
- “Tracks” on arms; often long sleeves are worn to hide them even in hot weather.
- Flu like symptoms if withdrawing
- Meth Use - sweating, tremors, dry mouth and sores on the face, confusion
- Cocaine –dilated pupils, dry mouth, tremors or twitching , hyper-alertness/paranoia, lack of fatigue/sleeplessness, panic, extremely talkative, fast speech, runny nose or bloody nose, seizures from high doses or bad reaction

Environmental:

- the number of pills remaining in a prescription bottle is not congruent with the dosage and date filled.
- white to dark brown powder, syringes, needles, bent spoons ;white powder seen on face or clothes
- small spoon-like items used for snorting
- mirrors and razor blades used for making lines
- rolled money bills used for snorting
- small bottles with screw on lids for storing
- possession of small plastic packets with white residue
- Possible Meth Lab ingredients: Lithium Batteries, Ephedrine, Paint Remover, Hydrochloric Acid, Drain Cleaner, Ammonia, Bleach and Gasoline
- Smell of drugs, alcohol or other chemicals.

**It is important to document if these items are in reach of children.*

Having considered the following, if you feel an adult(s) has a possible substance abuse problem refer the client for a substance abuse assessment by a certified drug and alcohol counselor. Sharing the information you have collected with the person doing the assessment is critical.

***National Institute on Drug Abuse <https://www.drugabuse.gov>
IDTA Kentucky Practice Workgroup
Child Safety Branch, Division of Protection and Permanency
10/31/11***

Understanding Safety, Risk and Protective Factors

It is important to have a good understanding of the differences between safety and risk and how protective factors can help to diminish the safety or risk we find when we conduct FINSAs or investigations. Please consider the examples below:

Safety Issue (<i>immediate issue that has happened</i>)	Risk Issue (<i>something MIGHT happen</i>)	Protective Factors (<i>strengths and positives that minimize the risk or safety issues</i>)
5 year old child is found at his home alone asleep while mom ran to the grocery for milk.	Mom has one prior substantiated report of leaving the child with an inappropriate caretaker one year ago.	Parent admits it was a mistake to leave the child alone and is remorseful. No CPS history and no AOC history.
Police pulled over dad for driving drunk with his children 8 and 6.	Dad was in treatment 2 years ago for alcohol abuse due to a DUI and having his kids in the car.	Dad admits he has relapsed and needs to go back to inpatient treatment and AA meetings. Mom understands the children cannot be cared for by dad right now, and is agreeable to negotiate a supervision plan.
A parent is telling relatives that her toddler is possessed by the devil and she is threatening to do something drastic to save the child.	Mom is schizophrenic but when she regularly takes her medication and is able to work and care for her child.	Grandparents are very involved in the life of their daughter and grand-daughter and have agreed to check in with her daily either by phone or by dropping by to ensure she continues to take her medications. Mom is regularly seeing a therapist.
8 year old intervened in an incident of domestic violence by jumping between his mom and stepdad. As a result he was hit in the face.	Agency history of domestic between step-dad and a previous spouse and one prior Assault IV conviction per AOC.	Child's mother developed a safety plan with the worker to protect herself and her child. Mom has a stable job and her family lives close by.
A parent of an infant is found passed out in her home due to substance use.	Four prior unsubstantiated CPS reports alleging substance use by the parent. Mom has had two alcohol intoxication charges in the last couple of years.	Mom realizes she is struggling with her sobriety, but asks her mother to come and stay with her and her baby, and admits she needs to go to back to AA.
Child age 3 has sustained an unexplained injury to the head and ear.	Prior agency history of domestic violence between the parents (2 no findings). Dad's AOC check showed assault and terroristic threatening charges. Mom's check revealed a DUI charge 6 months ago.	Both parents are working and have a stable housing. No prior CPS history. Both are very concerned about the child and not minimizing his injuries. Child's pediatrician related no past concerns for the child. Lots of relative support for the child and

		parents.
Child age 11 admits to being sexually abused by her father. Her mother is afraid of her dad as he controls everything in their house(money, the car etc).	Dad is currently on the sexual offender registry for having sex with a 13 year old when he was 19. He did complete a sexual offender treatment program 3 years ago and has had no further criminal charges.	Mom believes her daughter was sexually abused, immediately took her to the doctor, and after talking to the SSW, agreed to file an EPO to removed dad for their household. She has already contacted an agency to start counseling for her daughter.
Children 11, 9, 6, and 3 are living in a condemned home, holes in the floor, faulty wiring, no air conditioning/fans or running water, and there are re-occurring lice problems. Dad recently lost his job. Minimal food in the house and children are asking to stay at a relative's house.	Mom is bipolar and receives SSI. She is prescribed medication but does not take it regularly. Two prior unsubstantiated hygiene reports and one prior substantiated supervision report from three years ago.	Dad is concerned about his family's living situation and realizes things cannot continue as they are. He recently filed for unemployment, and has been looking for other housing for the family. Mom is currently taking her medication and both parents are willing to work with FPP. Neither parent has a criminal history. Children have been going to school regularly and a family member watches the 3 year old several days a week to help out the family.

Child Safety Branch, Division for Protection and Permanency

ActionChildProtection.org

10/31/11

Example Prevention Plan Tasks

When children are left in-home:

{Insert parent's names} agree to contact and schedule a substance abuse assessment by {insert date}. They also agree to follow recommendations made as a result of this assessment.

{Insert parent's name} understands that {other parent's name} is struggling with substance abuse issues, and as a result agrees to provide 24/7 supervision of the children or agrees to ask for the assistance of {insert names and phone numbers} to provide respite as needed.

{Insert parent's names} agree to allow {insert relative/friend's names} to move into their home and supervise all of their activities with the children beginning {} and ending {}. –or– agree to move in with {} who will supervise all of their activities with the children beginning {} and ending {}.

{Insert family/friend's names} agrees to stop by (or call) {insert parent's names} home {insert how often} to check in with them and offer support.

{Insert parent's names} agrees if she/he feels like they are going to use (or start thinking about it more than normal) then they will contact their counselor at (phone number) for an emergency appointment and talk to them on the phone about your situation.

{Insert parent's names} agrees to call the local community mental health crisis line at (phone number) if they need to talk to someone after hours.

{Insert parent's names} agrees to call (list family member with names and phone numbers) as they are aware of my situation and have agreed to support you in trying not to use.

{Insert parent's names} agrees to call {insert family members and phone numbers} who have agreed to come and stay with or provide care for the children if you need help due to stress, or if you feel you are going to use alcohol or drugs.

{Insert friends/family members' names} agree to provide any information they have on how to locate {insert parent's names} or if they have concerns that the parents are using drugs or alcohol to {insert SSW's name} at (phone number).

{Insert friends/family members' names} agree to contact law enforcement after normal business hours if emergencies arise and they need to reach P&P.

When placing with relatives:

{Insert parent's names} agree to allow {insert relative's names} to care for {insert children's names}, while also agreeing not to have unsupervised contact with them.

{Insert relative's names} agree to provide 24/7 care for {insert children's names} until the court hearing occurs {insert date if known}. This includes food, clothing, shelter and supervision. If they become unable or unwilling to provide for the children they will notify P&P worker {insert worker's name} immediately at {insert office number}. If the worker is not available, the relatives will speak with {insert name}, who is the supervisor.

{Insert relatives and parent's names} agree to work out a visitation schedule until the court hearing occurs. If there are problems related to the schedule they agree to discuss their concerns with {insert SSW's name}. It is agreed that visitation will not occur if {insert parent's names} are using drugs or alcohol.

{Insert relative's names} agree to provide any information they have on how to locate {insert parent's names} or if they have concerns that they are using drugs and alcohol to {insert SSW's name} at {}.

{Insert relative's names} agree to contact law enforcement after normal business hours if emergencies arise and they need to reach P&P.

Kentucky START Program
Child Safety Branch, Protection and Permanency
10-31-11

Women's Substance Abuse Services in Kentucky

(By geographic area)

Through the fourteen regional mental health centers and private agencies, a wide range of women's substance abuse services is available in Kentucky. These services include regular outpatient treatment, intensive outpatient treatment, inpatient detoxification, residential treatment, transitional living, and narcotics addiction treatment.

This directory is arranged in the following order. *(Note that if your town or county is not listed, services in your area will be listed under the nearest town or city.)*

- **Northern Kentucky:** Maysville, Newport, Bellevue, Covington
- **Southern Kentucky:** Somerset, Corbin, Bowling Green
- **Eastern Kentucky:** Hazard, Jackson, Busy, Prestonsburg, Ashland
- **Western Kentucky:** Mayfield, Paducah, Owensboro, Hopkinsville
- **Central Kentucky:** Lexington, Falmouth, Frankfort, Richmond, Irvine, Stanton, Winchester, Versailles, Harrodsburg, Lawrenceburg, Danville, Lancaster, Stanford
- **Louisville Area:** Louisville, Elizabethtown, Shelbyville, counties surrounding Louisville
- **Statewide:** Recovery Kentucky Program Description
- **Kentucky's Opioid Treatment Programs**

NORTHERN KENTUCKY

Comprehend, Inc.

611 Forest Avenue

Maysville, KY 41056

Phone: (606) 564-4016; Fax: (606) 564-8288

Email: bjefferson@comprehendinc.com

Contact: Barb Jefferson

Comprehend, Inc. serves Bracken, Fleming, Lewis, Mason and Robertson counties. Services provided include outpatient, intensive outpatient, and case management for women.

North Key Community Care

10th and Monmouth Street

Newport, KY 41071

Phone: (859) 431-4450; Fax: (859) 431-4456

(Call this number for referral to appropriate county clinic)

Contact: Karen Skillman

Serving Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen and Pendleton counties.

Intensive Outpatient Program is available to chemically dependent women who are in need of extra support or structure in order to achieve sobriety. Pregnant women and women with children are given priority acceptance into the program, which has a capacity of 10. Women are required to be sober for two weeks prior to beginning the program. The IOP is nine months long. It is divided into three phases; each phase is for three months. Women are given education on their disease, relapse prevention, coping skills, anger management, assertiveness training, balanced living and other relevant issues. Time is set aside for recreation, relaxation, and story telling. Group therapy is also available.

Transitions, Inc.

700 Fairfield Avenue

Bellevue, KY 41073

Phone: (859) 491-4435; Fax: (859) 491-6598

Email: transitionsky@fuse.net

Transitions, Inc. is a private, non-profit agency that offers women a continuum of chemical dependency treatment services and additional services at the following Northern Kentucky programs:

Women's Residential Addiction Program (WRAP) is a long-term chemical dependency treatment program for women. WRAP also has a licensed childcare program and allows clients' children ages infant to twelve to live with them in the facility. The program accepts referrals from all regions of Kentucky. In the residential phase, clients receive intensive chemical dependency treatment and related services for six weeks. The transitional phase addresses the women's educational and vocational needs and prepares them for sober, independent living. Clients completing the residential component are then admitted to WRAP's continuing care program for 3-12 months. Clients from other regions of the state are referred to appropriate services in their home communities. *Contact Information: Address: 1629 Madison Ave., Covington, KY 41011; Phone: (859) 491-2090*

Dougherty House offers the following services:

Intensive Outpatient Program: This program for men and women typically lasts six months.

All About Work: This is a five-day employment readiness program for men and women.

Additional services offered at this site for men and women include chemical dependency assessments, alcohol and other drug education, and the Day Reporting Program, where offenders perform community service on weekends in lieu of jail. *Contact: 808 Scott, Covington, KY 41011; Phone: (859) 431-2531.*

Droege House: The non-medical detoxification unit at Droege House provides men and women a safe place to undergo withdrawal and stabilize. The unit admits clients 24 hours a day. *Contact: 925 Fifth Ave., Dayton, KY 41074; Phone: (859) 291-1043.*

Oxford House: Transitions leases housing to formerly homeless women in recovery who agree to follow the rules of Oxford House, Inc. Contact Transitions' administrative office at 859-491-4435 for information.

Brighton Center for Women (Recovery Kentucky, See Page 23 for program description)
375 Weaver Road
Florence, KY 41042
Phone: (859) 282-9390, ext. 5482
Anita Prater, Director
Email: aprater@fuse.net

SOUTHERN KENTUCKY

Somerset

The Adanta Group
259 Parkers Mill Road
Somerset, KY 42501
Phone: (606) 679-4782; Fax: (606) 678-5296
Website: www.adanta.org
 (Call for referral to appropriate county clinic.)

The Adanta Group service area includes Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne counties. Outpatient treatment includes individual, group, and family therapy, family education, and case management for adolescent and adult females through each of the outpatient clinics.

Corbin

Baptist Regional Medical Center: The Trillium Center Behavioral Health Services
1 Trillium Way
Corbin, KY 40701
Phone: (606) 523-5900 or (800) 395-4435
Website: www.baptistregional.com

The Trillium Center at Baptist Regional Medical Center offers a continuum of mental health services including individualized treatment for psychiatric support and recovery from addiction.

The Trillium Center is committed to helping patients find and maintain the balance in their lives. This is facilitated in an atmosphere of safety, concern and confidentiality. In addition to The Briscoe Clinic at The Trillium Center, we also offer the following programs:

- Chemical Dependency Intensive Outpatient Treatment to help adults achieve continued sobriety while establishing a true sense of dignity.
- Inpatient Adult Psychiatric Units for adults and seniors with emotional

mental health problems.

- Adolescent Psychiatric and Partial Program developed for adolescents ranging in age from 12 to 17 with a psychiatric diagnosis or addiction recovery.

The Briscoe Clinic at the Trillium Center offers a full range of behavioral health services for children, adolescents, adults and seniors. Individuals are helped to regain control of their lives by teaching them effective ways of dealing with problems and daily living skills which promote mental, physical and spiritual well-being and enhanced mental health.

Cumberland River Comprehensive Care Center
American Greeting Card Road; PO Box 568
Corbin, KY 40702

Phone: (606) 528-7010; Fax: (606) 528-5401

(Call this number for referral to appropriate county clinic.)

Serving Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle and Whitley counties, Cumberland River Comprehensive Care Center offers a range of substance abuse services for women. Outpatient therapy is available at each of the county clinics.

Independence House for Women is a 15-bed, non-medical, residential treatment center for women. Clients must be female, age 18 or over, and medically stable. The first phase of the program offers 30-day residential chemical dependency treatment. The second phase lasts up to six months and is a transitional phase during which women are offered a structured living environment while they maintain sobriety, develop vocational skills, and work to rebuild relationships with their families and children. Independence House mainly serves residents from the eight-county region but also accepts referrals from other parts of Kentucky. There is a \$200 charge for admission and a daily fee on a sliding scale of \$1-\$77. *Contact information: 3110 Cumberland Falls Highway, Corbin, KY 40701; Phone: (606) 523-9386; Fax: (606) 523-9386*

Corbin Professional Associates
967 South Highway 25 West
Corbin, KY 41701

Phone: (606) 526-9348

Fax: (606) 526-1541

Email: cpa0385@att.net

Corbin Professional Associates is an outpatient program providing treatment for opioid addiction utilizing Methadone. Clients are self-pay, no third party billing, cash only. Pregnant women with a written OB-GYN referral will be assessed. Assessment costs \$30.00 (non-refundable). Please ask to speak with a counselor for further information.

Bowling Green

Lifeskills, Inc. MH/MR

P. O. Box 6499; 922 State Street

Bowling Green, KY 42102-6499

Phone: (270) 901-5000, etc. 1146 or 1268; Fax: (270) 781-6446

E-mail: dleonard@lifeskills.com

(Call this number for referral to appropriate county clinic.)

Lifeskills, Inc. serves a 10-county area, which includes the counties of Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren. It offers a range of services, including residential treatment at Park Place Recovery Center (see separate listing) and intensive outpatient treatment, regular outpatient treatment, and education. Gender-specific groups and family therapy are also offered, and a women's case manager assists clients in reducing barriers to recovery. An adolescent intensive outpatient program is offered as well.

Park Place Recovery Center of Lifeskills, Inc. is a 14- to 28-day residential, 20-bed, co-ed treatment facility where women and men are housed separately. It offers non-medical detox services, psychotherapy, parenting and educational groups, individual counseling, medical lectures, gender-specific groups, 12-step groups and after care services. The admission fee is \$350.00, and the daily fee is calculated on a sliding scale. Park Place is open to all residents of the 10-county area. Other Kentucky state residents will be admitted with a referral. *Contact information: 822 Wood Way Drive Bowling Green, KY 42101; Phone: (270) 842-2696; Fax: (270) 842-0721*

Haven4Change, Inc.,

Joni Furlong, Executive Director

1500 Parkside Drive; Bowling Green, KY 42101

49 Hillview Drive; Scottsville, KY 42164

Phone: (270) 796-1764 or (270) 239-4670

Fax: (270) 796-1764 or (270) 239-4671

Email address: phdir@bellsouth.net

Haven4Change, Inc. is licensed (#810260) by the Kentucky Cabinet for Health and Family Services as a Residential Transitional Living facility. The mission of Haven4Change is to provide safe, sanitary, and affordable housing and supportive services in a nurturing environment with the goal of facilitating and encouraging successful recovery from substance abuse and its related barriers. Haven4Change, Inc. is designed to serve women 18 years of age or older, recovering from substance abuse and dependency, and their children ages 12 and younger. Haven4Change has two locations. One facility in Bowling Green, Warren County, Kentucky and another in Scottsville, Allen County, KY. Each resident commits to a 6 – 12 month program that begins and revolves around recovery. Case management is provided by a licensed person

with experience in substance abuse treatment. Residents are screened before admission and participate in an intensive assessment addressing every aspect of their lives. They are required to meet weekly with the case manager to monitor progress, discuss problems, evaluate progress and set goals.

Haven4Change offers a structured living environment designed to provide a continuum of treatment and helps stabilize the functional and emotional aspects of a woman's life. It offers women the opportunity to reunite with their children and demonstrate that they are able to resume custody. For those who are financially or emotionally bankrupt, they can connect with social services for food stamps, vocational services for job development, and counseling services for their mental and relational problems.

Our goal is to assist these women in becoming productive members of society while living a drug-free lifestyle.

The Bridge Fellowship, Inc.
1745 The Bridge Rd.
Bowling Green, KY 42101
Phone: (270) 777-1094; Fax: (270) 777-1062

For nearly 40 years, The Bridge to Recovery has been providing excellence in treatment, specializing in Codependency, Trauma, and a wide range of process addictions such as love and relationships, workaholism, sex, rage, and anger. Additionally, we work with family members affected by abuse, neglect, abandonment, enmeshment, and other issues that hinder personal growth, relationships, and vocational effectiveness. Our treatment program ranges from two weeks to three months or longer. If you, a loved one, or a family member needs help, call The Bridge to Recovery at (877)866-8661, and visit our website at www.thebridgetorecovery.com. **Our intake specialists are available 24 hours a day, and can be reached at (877)866-8661.**

Bowling Green Professional Associates
959 Lovers Lane
P.O. Box 2044
Bowling Green, KY 42103-6044
Phone: 270-843-0385

Methadone maintenance and detoxification programs for opiate addiction. Patients receive individually prescribed methadone medication from a licensed medical staff member (physician or nurse). Patients routinely meet with a substance abuse counselor and are involved in

individual therapy with access to medical and other social services necessary to recover from their addiction and improve the quality of their life.

EASTERN KENTUCKY

Hazard Area

Kentucky River Community Care: Main Office

115 Rockwood Lane

Hazard, KY 41702

Phone: (606) 666-7591; Fax: (606) 666-8364

Toll Free: 800-262-7491

(Call this number for referral to appropriate county clinic)

Serving Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry and Wolfe counties, Kentucky River Community Care offers residential, group, and intensive outpatient drug and alcohol services for women. Services include assessment and referral, drug and alcohol education, individual, group, and family therapy, and dual diagnosis treatment. In addition, case management services help connect women to transportation, childcare, and other services which reduce barriers to recovery.

Project Advance

176 William Baker Lane

Busy, KY 41723

Phone: (606) 435-2839; Fax: (606) 435-1530

Toll Free: 800-262-7491

Project Advance is a day treatment program designed primarily for female Department for Community Based Services clients. Project Advance addresses issues such as substance abuse and domestic violence in an effort to help recipients of public assistance progress toward self-sufficiency and family safety.

Hazard Professional Associates

48 Independence Drive

Hazard, KY 41701

Phone: 606-487-1646

Methadone maintenance and detoxification programs for opiate addiction. Patients receive individually prescribed methadone medication from a licensed medical staff member (physician or nurse). Patients routinely meet with a substance abuse counselor and are involved in

individual therapy with access to medical and other social services necessary to recover from their addiction and improve the quality of their life.

Harlan Area

Cumberland Hope Community Center for Women (Recovery Kentucky, See Page 23 for program description)

6050 Hwy 38

Evarts, KY 40828

Phone: (606) 837-0100 or (606) 837-0200

Mary Mosley, Program Director

Email: m.brucemosley@yahoo.com

Prestonsburg Area

Mountain Comprehensive Care Center

1416 South Lake Drive

Prestonsburg, KY 41653

Phone: (606) 886-7839; Fax: (606) 886-8577

(Call this number for referral to appropriate county clinic)

Serving Floyd, Johnson, Magoffin, Martin and Pike counties, Mountain Comprehensive Care Center offers outpatient and intensive outpatient substance abuse services for chemically dependent women. Residential treatment is offered at Layne House (see separate listing). Mountain Comprehensive Care provides DUI education, assessment, and case management for women. Services are provided in individual and group settings in each county.

The Layne House is a 21-bed, 37-day treatment facility serving clients from around the state. It offers a 7-day detoxification program and 30-day treatment program along with individual and group therapy, including gender specific groups, educational groups, life skills training, parenting classes, case management services, and aftercare. Admission fee is based on income. *Contact: Phyllis Coleman*

Ashland Area

Pathways, Inc.

201 - 22nd Street

Ashland, KY 41101

Phone: (606) 324-1141; Fax: (606) 325-8606

(Call this number for referrals to appropriate county clinic)

Serving Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan and

Rowan counties, Pathways offers in-patient detoxification services at the Pathways Detox Unit to all 10 counties. Pathways also offers outpatient services including rape victim services, dual disorders services, group therapy, education groups on numerous topics, and individual counseling to deal with substance abuse problems, childhood sexual abuse, sexual assault, and domestic violence. It also provides case management and referrals to area agencies for financial, legal, vocational, health, and housing needs. Intensive outpatient and women's DUI groups are available in some counties. Fees are based on income and size of household.

The Detox Unit is a nine-bed, five to fourteen-day, residential, co-ed facility offering individual and group counseling and aftercare referrals. Women and men are housed separately. Admission fees are as follows: \$5 for residents of the 10-county surrounding area, \$55 for residents of Kentucky outside the 10 counties, and \$105 for out-of-state residents.

Dual Disorders Program provides outpatient and case management services for women who have both substance abuse problems and a mental health diagnosis. Women-centered individual and group therapy are offered.

The Women's Program of Pathways, Inc. is an outpatient substance abuse program exclusively for women. Two-hour sessions of substance abuse education, family and individual therapy are offered. The sessions focus not only on women's substance abuse but other issues particular to women that may relate to substance abuse.

WESTERN KENTUCKY

Mayfield

Four Rivers Behavioral Health

1525 Cuba Road

Mayfield, KY 42066

Phone: (270) 247-2588; Fax: (270) 247-0142

(Call this number for referral to appropriate county clinic)

Serving Ballard, Calloway, Carlisle, Fulton, Graves, Livingston, Marshall and McCracken counties, Western Kentucky Regional Mental Health offers outpatient services for women,

including individual and group therapy, DUI assessment and educational services, in each of the eight counties listed above. Residential treatment for women is available at the Fuller Center and the Friedman Center.

The Fuller Center Residential Treatment is open to all Kentucky residents. It is a 30-day, 32-bed, inpatient treatment program that houses men and women separately. In addition to individual and gender-specific group therapy, substance abuse education, HIV education, relapse prevention groups and aftercare are provided. Specialty groups include "Women's Issues" led by women, "Adult Children of Alcoholics," and a "Grief and Loss" group. Two female counselors trained in women issues and substance abuse are on staff. Income and number of dependents determine fees for services.

Paducah

Paducah Professional Associates
125 South 17th Street
Paducah, KY 42001
Phone: (270) 443-0096
FAX (270) 443-0080

Paducah Professional Associates is an outpatient program providing treatment for opioid addiction utilizing Methadone and Suboxone. Clients are self-pay, no third party billing, cash only. Pregnant women with a written OB-GYN referral will be assessed. Assessment costs \$30.00 (non-refundable). Please ask to speak with a counselor for further information.

Owensboro

Owensboro Area Shelter & Information Services (OASIS, Inc.)
P.O. Box 315
Owensboro, KY 42302
Phone: (800) 882-2873; (270) 685-0260
Fax: (270) 685-1764

The OASIS Drug and Alcohol Program provides non-medical treatment services to chemically dependent women and is designed to meet the needs of women who are homeless as a result of domestic violence or substance abuse. The program houses 86 women and children for up to one year. The Intensive Phase lasts 42 days and provides approximately 40 hours of individual and group work per week. The Supportive Phase promotes stabilization and provides an opportunity to continue exploration of core issues. The Transitional Phase assists residents in moving toward self-sufficiency through a focus on educational, employment, and life-skills goals. During the Aftercare Phase, groups and counseling continue to be available to residents who are no longer living in the facility. Other services include case management and referral, legal and agency advocacy, health services and specialized programming for the resident's children.

River Valley Behavioral Health***Cigar Factory Complex******100 Walnut Street******Owensboro, KY 42301******Phone: (270) 689-6500; Fax: (270) 689-6788******(Call this number for referral to appropriate county clinic.)***

River Valley Behavioral Health serves the counties of Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster and provides drug and alcohol assessment, referral, outpatient services, and co-educational residential treatment at the River Valley Regional Chemical Dependency Center. Gender-specific group therapy is available in both residential and outpatient settings.

Hopkinsville***Pennyroyal Mental Health and Mental Retardation Board, Inc.******Pennyroyal Center******1507 South Main Street******P.O. Box 614******Hopkinsville, KY 42240******Phone: (270) 886-2205; (270) 886-0392******(Call this number for referral to appropriate county clinic.)***

Serving the counties of Caldwell, Christian, Crittendon, Hopkins, Lyons, Muhlenberg, Todd and Trigg, Pennyroyal offers drug and alcohol assessment and referral, and a range of outpatient services. It also provides programming and case management services specifically for women, including therapy groups, which address domestic violence, codependency, and victimization issues; DUI women's services; and a dual diagnosis group for women in the Christian County Jail. In addition, Pennyroyal has initiated a treatment program for incarcerated women with Class D felony charges, providing intensive psycho-education 10 hours per day, 5 days a week. *For more information on this particular program, call Don Goble, Substance Abuse Program Director, at (270) 886-5163.*

The Trilogy Center for Women (Recovery Kentucky, See Page 23 for program description)***100 Trilogy Avenue******Hopkinsville, KY 42240***

Phone: (270) 885-2902
Holly Perez Knight, Executive Director
Email: hknight@pennyroyal.org

Henderson

The Women's Addiction Recovery Manor (Recovery Kentucky, See Page 23 for program description)
56 North McKinley
Henderson, KY 42420
Phone: (270) 885-2902
Sharice Benson, Executive Director
Email: sharice.benson@warmrecovery.com

CENTRAL KENTUCKY

Lexington

Bluegrass Comprehensive Care Center
200 West Second Street
Lexington, KY 40507
Phone: (859) 233-0444
Fax: (859) 281-2114

Serving Clark, Fayette, Jessamine and Powell counties, Bluegrass East offers the following out-patient drug and alcohol treatment services: individual, family, and group therapy; psychiatric services, vocational counseling, and referrals to appropriate services within the community. Inpatient services include detoxification and residential treatment for both men and women at Schwartz Center. The Narcotics Addiction Treatment Program provides services for opiate addicted individuals.

Perinatal Recovery, Infant Development and Education Program (PRIDE Program)

The Perinatal Recovery, Infant Development and Education Program (PRIDE) offers an array of services to pregnant women who have a history of substance abuse or who are currently using drugs or alcohol. Services are provided for pregnant or parenting mothers with children two years or younger. Services include drug and alcohol assessments, chemical dependency education groups, recovery/support groups, prenatal groups, intensive case management, high-risk obstetrical care, birthing classes, pediatric care and follow-up, parenting classes, childcare, housing, and transportation. Individual therapy and psychiatric services are also available. *Contact information: 1101 South Limestone Lexington, KY 40503; Phone: (859) 277-1080; Fax: (859) 281-2114*

The Schwartz Chemical Dependency Treatment Center is a 36-bed, residential treatment program, providing separate services for women and men. Schwartz Center offers detoxification

services, group therapy as well as individual counseling, family therapy, 12-step group involvement, substance abuse education, life skills training, meditation therapy, relapse prevention groups and aftercare services. The Schwartz Center also provides for the needs of dually diagnosed individuals. To qualify for Schwartz Center services, a woman must be at least 18 years of age, have a substance abuse problem and be medically stable. The \$50.00 entrance fee can be waived in case of financial need. *Contact information: Allen Building, Eastern State Hospital 627 West 4th Street Lexington, KY 40508; Phone: (859) 246-7282; Fax: (859) 246-7675*

Narcotics Addiction Program 201 Mechanic Street Lexington, KY 4050; Phone: (859) 233-0444 ext. 218

Teen Primary Outpatient Program (Teen POP) is an intensive outpatient treatment program for adolescents age 13-18 who are experiencing difficulties with substance abuse. The program aims to initiate abstinence, develop a recovery program and aid other aspects of healthy emotional, spiritual and physical development. Adolescent services include assessment, treatment, education, skills training, and support. Teen POP focuses on encouraging and providing a high level of support, education, consultation and parental involvement. *Contact information: 1500 Leestown Rd., Suite 110 Lexington, KY 40511; Phone: (859) 381-1077; Fax: (859) 381-9257*

Chrysalis House, Inc.

Name of Director or Contact Person: Connie Campbell, Admissions Coordinator

Address: 1589 Hill Rise Drive, Lexington, KY 40504

Phone: (800) 713-0954 or (859) 254-6026

Fax: (859) 252-6690

Email address: conniecampbell@chrysalishouse.org

Website: www.chrysalishouse.org

Chrysalis House provides comprehensive long-term residential treatment for women and their families. Women are admitted to Chrysalis House at one of three residential facilities. Children under two may reside with their mothers full-time while older children may spend weekends. The typical length of time in the residential phase is six months although the stay is based on the individual needs of the women served. Following the residential phase of the program, women without any childcare responsibilities transition into the 18 unit Scattered Site program while women with children transition to the 40 unit Serenity Place Apartment program. Older children of the clients are now able to live with their mothers full-time. This phase of the program is usually completed in one year.

Services provided at Chrysalis House include individual and group therapy for substance dependence with fully integrated mental health treatment; psycho-educational classes addressing relapse prevention, thinking errors, interpersonal violence, healthy relationships, and parenting skills; psychiatric services; case managed services including assistance with transportation, personal needs, child reunification; criminal justice involvement, and physical healthcare needs; wellness and healthy lifestyle activities; educational/employment training and assistance, financial counseling; and permanent housing assistance. Children of any women served at

Chrysalis House are eligible for child and/or adolescent therapy and participation in the licensed, 3 Star-rated childcare for elementary school age children.

At the current time, there is no fee for admission to Chrysalis House; however, a woman is expected to pay 30% of any income received toward room and board.

The Hope Center Recovery Program for Women (Recovery Kentucky, See Page 23 for program description)

1524 Versailles Road

PO Box 6

Lexington, KY 40588

Phone: (859) 252-2002; Fax: (859) 252-2592

Email: womensprogram@hopectr.org

Contact: Janice James or Emily Hixson

The Hope Center Recovery Program for Women (HCRPW) is a long term residential program for adult women who are seeking recovery from alcohol and other drugs. Women must meet homeless certification to enter the Recovery Program, and there is no cost to the clients. The program has four program components. The entry point for our program is Safe Off-the-Street Sobriety (SOS), which provides sobering-up services in a non-medical setting as well as helping the women explore and develop a plan for recovery. The second program component is the Motivational Track (MT), in which women must complete before being accepted into the Recovery Program. MT is the point where each client's motivation to work at her recovery is assessed and encouraged by her degree of participation in initial classes, meetings, community group, and work assignments. As the women show sufficient willingness to make the necessary changes required by the Recovery Program, they are admitted into the third program component, Phase I of the Recovery Program. Phase I lasts approximately 4-6 months. Clients attend twenty-eight sessions of Recovery Dynamics, an intensive study of the principles of Alcoholics Anonymous, and complete written homework related to each class session along with a host of other life skill classes. Clients learn responsibility and accountability to the larger community by sharing household jobs as well as by attending three weekly community meetings. The clients participate in Life Skills classes (parenting, vocational and educational assistance, nutrition, stress management, relapse prevention, cognitive behavioral intervention, health care/self care, spirituality, etc.) as they are completing Phase I. The final component is Phase II, where those who complete this component may become employed in the community or may give back to the program by becoming Peer Mentors and acting as role models, mentors, and teachers to the Phase I clients. Total time in these various components is flexible, ranging from at least six months to a couple of years, depending upon the motivation and need of each client. Primary goals of the program are to reduce addicted women's isolation from the community and from one another by improving their support systems and to provide comprehensive services so that abstinence and recovery become a new way of life.

Lexington Professional Associates
340 Legion Drive, Suite 28
Lexington, KY 40504
Phone: (859) 276-0533
Fax: (859) 277-3653

Lexington Professional Associates is an outpatient program providing treatment for opioid addiction utilizing Suboxone and Methadone. Clients are self-pay, no third party billing, cash only. Pregnant women with a written OB-GYN referral will be assessed. Assessment costs \$30.00 (non-refundable). Admission fees vary depending on treatment modality, please ask to speak with Rita Turpin, CADC for further information.

The Morton Center
535 West 2nd Street, Suite 101
Lexington, KY 40508
Phone: 859-281-0077
Fax: 859-231-0027
Contact: John Walsh or Ann Younger

The Morton Center is a non-profit, private agency offering several types of recovery programs where women are served in a variety of ways. There are day and evening groups for chemical dependency, codependency and adult children of alcoholics. Women may also participate in education classes, individual therapy, intensive out patient treatment and art therapy in either an individual or group context. The Morton Center focuses on a holistic approach to treatment, targeting issues specific to women that influence substance abuse and recovery. Fees are determined on a sliding fee scale based on income.

Samaritan Behavioral Health
310 South Limestone St.
Lexington, KY 40508
Phone: (859) 226-7063

Samaritan Hospital's First Step Program provides short-term detoxification for men and women.

They do educational sessions on substance abuse, individual therapy, family sessions, and referrals.

Lexington Area

Bluegrass Comprehensive Care Centers

Central customer service numbers: 859-253-2737 or 800-928-8000 (for initial appointment or crises)

Serving Clark, Estill, Madison, Powell, Anderson, Mercer, Woodford, Boyle, Garrard, and Lincoln counties, Comprehensive Care offers co-educational intensive outpatient programs, individual counseling, and group therapy.

Richmond

Liberty Place for Women (Recovery Kentucky, See Page 23 for program description)

218 Lake Street

Richmond, KY 40475

Phone: (859) 625-0104

Jeri Allison, Program Director

Email: jeri.allison@bellsouth.net

Frankfort Area

Franklin Comprehensive Care Center

191 Doctors Drive

Frankfort, KY 40601

Phone: (502) 223-2182; Fax: (502) 223-3338

(Call this number for referral to appropriate county clinic)

Serving Franklin and Scott counties, Franklin Comprehensive Care offers outpatient therapy for women at centers in each county served.

LOUISVILLE AREA

Louisville

Seven Counties Services, Inc.

600 South Preston Street.

Louisville, KY 40202

Phone: (502) 583-3951; Fax: (502) 581-9234

(Call this number for referral to services offered in Jefferson County)

Seven Counties Services offers a vast array of outpatient substance abuse treatment services for women through the Jefferson Alcohol and Drug Abuse Center in Louisville and through clinics in the rural counties. These services include outpatient drug and alcohol treatment, intensive outpatient (IOP) treatment, individual, family, and group therapy, psychiatric services, vocational counseling, case management, prenatal case management, and referrals to appropriate community services.

The Discovery Dual Diagnosis Program is an intensive outpatient, dual diagnosis treatment program sensitive to women's needs, with access to community resources. This program is designed for women in recovery who are also living with severe mental illness. Services include individual and group therapies, addiction and recovery education, case management and illness/medication management. The treatment environment is accepting of and responsive to individual values, strengths and self-determined goals. The Discovery Program strives for innovative, integrated mental illness and addictions treatment that is collaborative with and responsive to community needs and resources. *Contact information: 915 S. Third St. Louisville, KY, 40203. Phone: (502) 589-8540; Fax (502) 589-8949*

Jefferson Alcohol and Drug Abuse Center (JADAC) of Seven Counties Services

600 South Preston Street

Louisville, KY 40202

Phone: (502) 583-3951; Fax: (502) 581-9234

(Call this number for referral to appropriate Program or county clinic)

Email: (name)[@sevendcounties.org](mailto:sevendcounties.org) or dhague@sevendcounties.org

Website: www.sevendcounties.org

JADAC is a freestanding facility of Seven Counties Services, Inc. providing inpatient and outpatient alcohol/drug treatment services in Jefferson County. The following programs are offered for women in the Louisville/Jefferson County area. Fees are based on income.

Detox: This center is non-medical with medical support and 24-hour nursing. The center will take pregnant women, and the length of stay is 5-10 days.

Residential: The individualized length of stay (10-40 days) 60-bed, residential treatment facility houses and treats both women and men with separate groups including a separate gender-focus group for women.

Outpatient: As part of its outpatient treatment program, JADAC maintains two to three all-women groups. Intensive Outpatient: JADAC's Women's Intensive Outpatient Program (IOP) primarily targets women who are referred by Child Protective Services as well as pregnant

women referred by Project Link. It operates 5 days a week/5 hours per day. The IOP length of stay varies from 2-9 months and offers alcohol/drug education and treatment, parenting skills development, introduction to the 12 Steps, relationship counseling, and other recovery enhancement activities. It also addresses issues such as sexual abuse or domestic violence.

Project Link is a case management program for pregnant women who have a history of alcohol or drug abuse and/or who are having difficulty achieving abstinence while pregnant. Up to 120 participants at a time benefit from case management that enables them to access services such as assessment, referral to chemical dependency treatment, referral to prenatal, postpartum, and well baby care, referral to parenting classes, and referral to other appropriate community services. No fee for this program.

Renaissance House and Renaissance House Annex is a transitional living and step-down three-quarter house for former inmates who have completed the substance abuse program at The Kentucky Correctional Institute for Women. There is a capacity to house 12 paroled women, and the length of stay is a minimum of 6 months. There is capacity for six women in the Renaissance House Annex. Services provided include chemical dependency education, group and individual counseling, Vocational Rehabilitation referrals, continuous care planning, and information and referrals on domestic violence, parenting, and relationship issues. The program emphasizes connection and follow-through with 12-step support groups with the goal of rebuilding recovery skills so that individuals can achieve long-term sobriety. *Contact information: 1436 S. Shelby Louisville, KY 40202; Phone: (502) 634-3948*

Center for Behavioral Health Kentucky

1402A Browns Lane

Louisville, KY 40207

Phone: 502-894-0234; Fax: 502-894-9858

Email: mark.miller@centerforbehavioralhealth.com; Website: centerforbehavioralhealth.com

Contact: Mark Miller

Medically assisted treatment on an outpatient basis. We offer methadone and Suboxone for opiate-addicted patients, Vivitrol for alcohol-abusing patients, and Chantix for nicotine-addicted patients. We offer weekly counseling, daily medication management, and weekly drug screens. We are open 7 days a week and provide an on-call pager system to be reached in emergency situations. We provide individual and group therapy, as well as offer family therapy for any concerned persons or caregivers.

We offer non-medically assisted treatment focused on abstaining from illicit substances as well as aftercare for any of our patients. We use a harm reduction method that is client-focused.

Methadone fees: \$100/per week. Covers all fees.

Suboxone fees: Without a prescription: \$140-175 a week depending on dose level. An additional \$50 charge for the initial doctor's visit.

With a prescription: \$43-\$95 a week depending on weekly versus monthly drug screens and counseling.

Freedom House
1432 South Shelby Street
Louisville, KY 41217
Phone: (502) 634-0082; Fax: (502) 636-0597

A program of Volunteers of America, Inc., Freedom House is a 2-story, 7-unit apartment building. Each apartment is fully furnished with bathroom and kitchen accommodations. Freedom House has the capacity for 8-10 women and 12-16 children. To be admitted, a woman must be a Kentucky resident, at least 18 years of age, pregnant and/or with children of 0-12 years of age. Applicants must be detoxified prior to admission. Women at Freedom House are provided individual/family/group counseling sessions, chemical dependency education, case management, life skills, health issues, childcare services, nutrition courses, parenting/family sessions, and aftercare services. There are also extensive services for their children.

The Healing Place Women's Community (Recovery Kentucky, See Page 23 for program description)
1503 S 15th St,
Louisville, Ky 40210
Phone: (502) 568-6680

The Healing Place is a homeless shelter and residential recovery program that offers 28 emergency shelter beds for homeless women, 24 non-medical-detox beds, and 240 beds total. After a 10- to 14-day social model detox, the women have the option of entering the 4-6 month residential recovery program. The Healing Place offers workshops and therapy sessions dealing with issues specifically for the recovering woman with a focus on the 12 steps of Alcoholics Anonymous, accountability and responsibility, and an Errors In Thinking curriculum. Prior to completing the recovery program, the women attend a Life on Life's Terms workshop that emphasizes continuous recovery and getting back to work or school. Children are reunited with their mothers during the recovery process whenever possible. There is no charge for services at the Healing Place, but donations are appreciated. Clients from the Metro Louisville area of 11 surrounding counties have priority for admission, then clients from anywhere in Kentucky, and then from outside of Kentucky. Clients will be admitted first come first serve, however they need to call and complete a phone screen prior to admission. The Healing Place also serves 63

department of corrections clients, incarcerated women who apply through release coordinator in the facility where they are currently residing.

The Lighthouse Adolescent Recovery Center
1935 Bluegrass Avenue
Louisville, KY 40215
Phone: (502) 366-0705; Fax: (502) 375-3199

The Lighthouse Adolescent Recovery Center residential program is a 16-bed, 4-6 month co-ed program. Specialized gender-specific groups are provided for males and females.

The Lighthouse Adolescent Intensive Outpatient Program
1203 South 3rd Street
Louisville, KY 40215
Phone: (502) 367-9332

The Lighthouse Intensive Outpatient Program offers 12 weeks of treatment for adolescents age 12-18. The program operates after school 4 hours per day and on Saturdays. It has a 12-step focus and offers individual therapy, multi-family group therapy, substance abuse education, case management, and aftercare. Gender-specific groups are formed as need and interest arises. Fees are based on a sliding fee scale to a maximum of \$25 per day.

The MORE Clinic, Louisville Metro Public Health and Wellness
1448 South 15th Street
Louisville, KY 40210
Phone: (502) 574-6414
Fax: (502) 574-6503
Email: Nicki.Jones@louisvilleky.gov

The MORE Center, located in the Jefferson County Health Department, is a stabilization, outpatient maintenance and detoxification facility that utilizes opiate agonist therapy (methadone or ORLAAM) for the treatment of narcotic addiction. It provides a full narcotic history assessment and medical evaluation prior to first dosing. It also offers a variety of support and educational groups for both men and women. These include 12-step groups, substance abuse education, HIV education, marijuana support group, feeling expression and relapse prevention groups. Individual counseling is also provided. The \$80 admission fee includes complete medical workup. The charge for daily dosing is \$5 per day.

The Morton Center
1028 Barrett Avenue
Louisville, KY 40204
Phone: (502) 451-1221; Fax (502) 451-1337

At the Morton Center, women are served in the following ways: Chemical dependency women-only therapy groups, intensive outpatient programs, educational groups, individual therapy, co-dependency groups, children of alcoholics groups, art therapy groups, and an outpatient eating disorders program.

Our Lady of Peace (part of Jewish Hospital and St Mary's Healthcare, JHSMH)

Adults: Pathways to Peace

Adolescent: Children's Peace Center

Director: Jean Marlatt Henry, LCSW

2020 Newburg Road, Louisville, KY 40205

Phone: 502-451-3330 Director of Addictions direct line 502-479-4148

Fax: 502-479-4242

Website: www.ourladyofpeacelouisville.org

Our Lady of Peace offers a full array of Addiction Treatment Services for Adults and Adolescents. Our services include, inpatient medical detox, outpatient detox, inpatient and outpatient treatment, Integrated Dual Diagnosis Treatment and substance abuse treatment for patients who suffer from severe and persistent mental illness. We also offer free aftercare for 6 months following treatment. Family education, therapy and support are a vital part of our programming. We utilize the following best practices: Seven Challenges, Motivational Interviewing, Trauma Informed Care, Dialectic Behavioral Therapy, Recovery Dynamics and Prime for Life.

St. Jude Women's Recovery Center

431 East St. Catherine Street

Louisville, KY 40203

Phone: (502) 589-6024; Fax: (502) 584-2947

A program of the Society of St. Vincent DePaul, the St. Jude Women's Recovery Center is a 30-bed halfway house open to homeless women who have had recent involvement in primary treatment. It offers a 3 month to 1 year structured program, case management services, and issue-specific education groups including domestic violence, AIDS awareness, life skills, and other issues as need arises. This 3-phase program accepts a limited number of dually diagnosed women and requires that residents be working or pursuing an education.

Salvation Army Center of Hope

831 S. Brook Street

Louisville, KY 40203

Phone: 502-625-1170; Fax: 502-625-1170

The Salvation Army Center of Hope provides overnight shelter for homeless men and women. There are 24 women's beds, and there is no limit on the number of nights a woman can stay at the center. Individual counseling for issues such as substance abuse is provided, and if a client is making progress toward her counseling goals, her \$5 fee per night of shelter can be waived. AA and NA groups meet at the shelter. In addition, long-term transitional housing is available for homeless women and their children.

Volunteers of America Maud Booth House
1131 South 1st Street
Louisville, KY 40203
Phone: (502) 582-0904; Fax: (502) 852-0905

Volunteers of America Maud Booth House is a 3-story Victorian home with four bedrooms, 4 baths, community kitchen, dining room, and parlor. The Volunteers of America Maude Booth House can serve 6 women and 8-12 children in a community-style living situation. Admission criteria include the following: homeless Kentucky resident woman with children under the age of 12 years old, drug/alcohol abuse/dependent, and approximately 30 days clean/sober. Services offered include: case management, individual/family/group counseling, recovery dynamics, relapse prevention, career development, life skills, health education, domestic violence prevention, and HIV/AIDS prevention.

Wellspring Journey House
117 West St. Catherine St.
Louisville, KY 40203
Phone: (502) 561-0003; Fax: (502) 637-4490

Wellspring provides a transitional living program for women who are dually diagnosed.

A New Beginning for Women
1261 S Brook Street
Louisville, KY 40203
Phone: (502) 634-4252; Fax: (502) 634-1385
Email: begin@bellsouth.net
Director: Alice Brooks

A New Beginning for Women Cultivating A Rose, Inc. provides a non-medical facility for women with drug/alcohol issues. It was designed to assist women facing multiple life issues, recent incarceration and/or homelessness. The program has the capacity to house eight women for a stay of six months to a year and one year after-care reform. The goal is the reunification of the women with their families and to assist them in making a successful return to society. The program encourages women to pursue drug-free lifestyles, take back control of their lives, and return to being successful parents and citizens.

Louisville Area and Surrounding Rural Counties

Seven Counties Services, Inc. – Rural

250 Alpine Drive
Shelbyville, KY 40065
Phone: 502-633-5683; Fax: 502-633-6203
Email: efigg@sevencounties.org; Website: www.sevencounties.org
Contact: Elizabeth Figg

Seven Counties Services – Rural provides an array of outpatient chemical dependency and other mental health services to women in **Bullitt, Henry, Oldham, Shelby, Spencer, and Trimble** counties. Services include assessment, referral, and individual and group counseling. Mental health assessment and treatment can be provided as well. Areas of focus include dual diagnosis, DUI, services to pregnant women, and life skills. Some rural centers can offer specialty groups such as for a criminal justice focus. Residential and detoxification services are available through Seven Counties Services' Jefferson Alcohol and Drug Abuse Center in Louisville (please see separate listing under "Louisville" for program description).

Elizabethtown

Center for Behavioral Health Kentucky
2645 Leitchfield Road, Suite 104
Elizabethtown, KY 42701
Phone: 270-234-8170; Fax: 270-234-8170
Email: becky.chambers@centerforbehavioralhealth.com;
Website: centerforbehavioralhealth.com
Contact: Becky Chambers

Medically assisted treatment on an outpatient basis. We offer methadone and Suboxone for opiate-addicted patients, Vivitrol for alcohol-abusing patients, and Chantix for nicotine-addicted patients. We offer weekly counseling, daily medication management, and weekly drug screens. We are open 7 days a week and provide an on-call pager system to be reached in emergency situations. We provide individual and group therapy, as well as offer family therapy for any concerned persons or caregivers.

We offer non-medically assisted treatment focused on abstaining from illicit substances as well as aftercare for any of our patients. We use a harm reduction method that is client-focused.

Methadone fees: \$100/per week. Covers all fees.

Suboxone fees: Without a prescription: \$140-175 a week depending on dose level. An additional \$50 charge for the initial doctor's visit.

With a prescription: \$43-\$95 a week depending on weekly versus monthly drug screens and counseling.

Communicare, Inc.
1311 North Dixie Avenue
Elizabethtown, KY 42701
Phone: (270) 765-5145; Fax: (270) 769-6581
Email: terryr@communicare.org
Contact: Terry L. Reams

Serving Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson and Washington counties, Communicare's intensive outpatient and regular outpatient services provide special programming for women recovering from drug and alcohol abuse. Gender-specific groups, individual therapy with a female therapist, family therapy, and case management services are available at all levels of treatment including residential treatment at Communicare's Recovery Center (see separate listing). DUI and assessment services are also offered. The case management services connect women with other support services such as transportation, childcare, emergency housing, infant/child needs, and referral for medical services. In addition, Communicare, in conjunction with SpringHaven Domestic Violence Program, provides specialized services for Temporary Assistance to Needy Families recipients who have both substance abuse and domestic violence concerns.

PASSAGES Transitional Housing Program: PASSAGES is an eleven-bed facility for women who have completed an intensive outpatient program or residential treatment and are in need of housing and transitional services. *Contact Debbie Wall, Program Manager, 270-737-6449.*

Recovery Center: This 28-day, 20-bed coed, residential treatment program is available to any adult resident of Kentucky. Services include non-medical detox, individual and group therapy, educational groups, life skills training and aftercare. Although some groups are co-ed, the treatment center houses and treats women and men separately. Admission fee is based on income. *Contact Karen Jacobs-White, Program Manager, 270-765-5145.*

STATEWIDE

The Recovery Kentucky Program

Contact: Mike Townsend

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The Recovery Kentucky Program has five women's centers and five men's centers throughout the Commonwealth of Kentucky. The five women's centers are located in Henderson, Florence, Evarts (outside Harlan), Richmond, and Hopkinsville. These centers are modeled after the Hope Center Recovery Program for Women in Lexington and The Healing Place for Women and Children in Louisville. It is a peer-driven recovery program for low-income women, housing 100 women per center.

The entry point of this program is Safe Off the Streets (SOS), which is a non-medical setting for the women as they enter the facility, giving them a chance to acclimate to the program and develop a plan for recovery. They stay in this dorm setting anywhere from a few days to a month or two, depending on their progress and willingness to participate in their recovery.

They then advance to Motivational Track I (MT I), another dorm setting, and begin classes in Recovery Dynamics (an intensive study of the principles of Alcoholics Anonymous with written assignments following the steps of the program. They trudge a mile or two to an outside facility, usually a church, or building with a classroom setting, for the daily classes, and attend meetings both in-house and out in the community. Trudging in done rain or shine and is based on the adage that they did whatever it took, however long, whatever the weather, to feed their addiction, they can do the same for their recovery.

As they advance further, they enter the Motivational Track II (MT II) part of the program, gaining additional support in classes, and working with their Peer Mentors (senior members of the recovery program, now giving back to their sisters what they have learned as clients themselves).

Once they have completed MT II, they progress to the Phase I section of the program, which lasts the longest. They graduate from the dorm setting to semi-private rooms. The rooms are Section 8 Project-Based, subsidized by HUD, with client rental portions based on the individual's income. If they have no income, they pay no rent. Clients no longer trudge and they attend classes on site, still attending meetings both in and outside of the facility. They continue to work their steps and the Recovery Dynamics sessions, learn responsibility and accountability, focus on their recovery, have job assignments within the facility and on the grounds, attend Community sessions made of Phase I clients where they address their own and other's behaviors, giving suggestions to help each other become accountable and correct the behaviors that may be

detouring their recovery. They attend classes in Life Skills, Nutrition, Parenting, Credit Counseling, Stress Management, Relapse Prevention, Health/Self Care and prepare themselves for an eventual step back into the outside world.

Once they have completed all Twelve Steps, they transition into Phase II where they learn to give back by working in the outside community as either a paid worker, or volunteer, or they become Peer Mentors, working within the program itself, teaching classes, mentoring clients, assisting the staff. Peer Mentors are not staff members, but are an essential part of the program. They have walked the walk and talked the talk, so they can relate to their fellow clients and show that recovery is possible for them too. The support of the women among themselves is what makes the program work. A complete listing of the centers can be found on the Kentucky Housing website (www.kyhousing.org) or at www.recoveryky.com.

KENTUCKY'S OPIOID TREATMENT PROGRAMS

Bluegrass Narcotics Addiction Program (NAP)--State Funded (Methadone and Suboxone)

201 Mechanic Street
Lexington, KY 40507
Phone: (859) 977-6080 Emergency Phone: (800) 928-8000
Fax: (859) 233-0144
Web Page: www.bluegrass.org

Center for Behavioral Health Kentucky, Inc.--Private (Methadone and Suboxone)

1402-A Browns Lane
Louisville, KY 40207
Phone: (502) 894-0234
Fax: (502) 894-9858
Web Page: www.centerforbehavioralhealth.com

Corbin Professional Associates--Private (Methadone)

967 South Highway 25 West
Corbin, KY 40701
Phone: (606) 526-9348
Fax: (606) 526-1541

Etown Addiction Solution--Private (Methadone and Suboxone)

2645 Leitchfield Road, Suite 104
Elizabethtown, Kentucky 42701
Phone: (270) 234-8180

Fax: (270) 234-8179

**Lexington Professional Associates--Private
(Methadone and Suboxone)**

340 Legion Drive, Suite 28

Lexington, KY 40503

Phone: (859) 276-0533

Fax: (859) 277-3653

**WMORE Center-Methadone/Opiate Rehabilitation and Education--State Funded
(Methadone)**

1448 South 15th Street

Louisville, KY 40210

Phone: (502) 574-6414

Fax: (502) 574-6503

**Paducah Professional Associates--Private
(Methadone and Suboxone)**

125 South 17th Street

Paducah, KY 42001

Phone: (270) 443-0096

Fax: (270) 443-0080

**Paintsville Professional Associates--Private
(Methadone)**

628 Jefferson Avenue

Paintsville, KY 41240

Phone: (606) 789-6966

Fax: (606) 789-7466

**Perry County Treatment Services--Private
(Methadone)**

48 Independence Drive

Hazard, KY 41701

Phone: (606) 487-1646

Fax: (606) 487-1746

**Pikeville Treatment Center--Private
(Methadone)**

368 South Mayo Trail

Pikeville, KY 41501

Phone: (606) 437-0047

Fax: (606) 437-0547

Ultimate Treatment Center- Private

(Methadone and Suboxone)

2154 Carter Avenue, Suite B

Ashland, KY 41101

Phone: (606) 393-4632

Fax: (202) 446-0873